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FCS Newsletter 1979-1980

School of Family & Consumer Sciences

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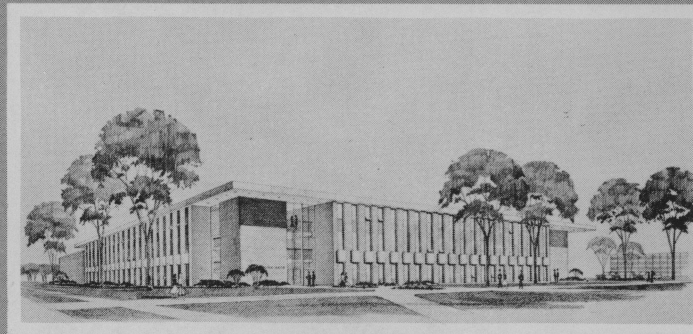
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Alumni Newsletter

School of Home Economics



EASTERN ILLINOIS UNIVERSITY

Vol. XVII

1979-80

Dean Swope Retires in 1980

On this blah day in January, I want to share some of myself with you — probably writing to Alumni for the last time as Dean of the School of Home Economics. I hope to be both humorous and serious. I want you to both laugh and think. In doing this, I will put my remarks into three distinct parts — a *prelude* to my coming to Eastern, “the main theme” of my 17 years here, and a short *postlude* to tell you something of my plans for the future.

Prelude

President Doudna contacted me about the position as Head of Home Economics in May 1963 when I was a doctoral candidate at Columbia University in NYC. Almost 100% against my wishes, he enticed me to come for an interview in July. After a grueling two days of conferences with many individuals and groups on campus, I had an exit interview with President Doudna in which he asked me the question, “Well, what do you think of us by now?”

I said “Do you want me to be honest-to-God or do you want me to just talk?” He assured that he wanted me to tell the truth — and I did. I told him seven reasons why I would NOT consider coming to Eastern. They were: (1) all I remember about downtown Charleston was a J. C. Penney’s store and a harness shop, I told him. I know I can’t buy 9 AAAAA shoes or tall girl’s slips anywhere in town. (That was very important to me.) He assured me that St. Louis, Chicago, Indianapolis and Terre Haute all would have what I needed and that I would enjoy going there to shop. (2) The only secretarial help was a student worker — two hours a day. I told him that while I was an excellent typist, beginning with the typing of my last term paper at Columbia I hoped to never type another thing as long as I live! (He assured me that Civil Service positions were very hard to come by. I assured him that was his problem but I couldn’t be a good department head without full-time secretarial help.) (3) “I grew up in the country,” I told him, “but in the meantime I have become a big city girl — I don’t think I would want to live in a small town.” (WITH THE ADVENT

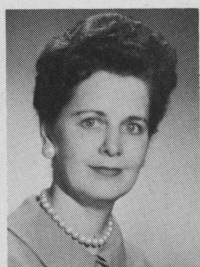
OF THE STUDENTS FOR DEMOCRATIC SOCIETY, HOW WRONG I WAS!) (4) I knew if Don asked me to marry him that I was going to say “YES.” (Don Swope was my “steady boyfriend” in New York City.) I asked if both of us could be employed at Eastern and the answer was a definite “NO.” (5) The home economics department had the 1940 look I thought. I didn’t see how I could wait three or more years for a new building with new equipment. (6) Library holdings were exceedingly sparse, except for cookbooks. There were HUNDREDS (it seemed) of those! Frankly, I thought Charleston was an unattractive town with very few desirable homes available for either rent or purchase. I wanted to live near the mountains or the ocean!

So, you ask, “why in the world did you come to Eastern?” (Don’t be shocked!) BECAUSE MY GUARDIAN ANGEL TOLD ME TO. And that is the truth. “Am I glad I came?” You bet I am. *I really am.*

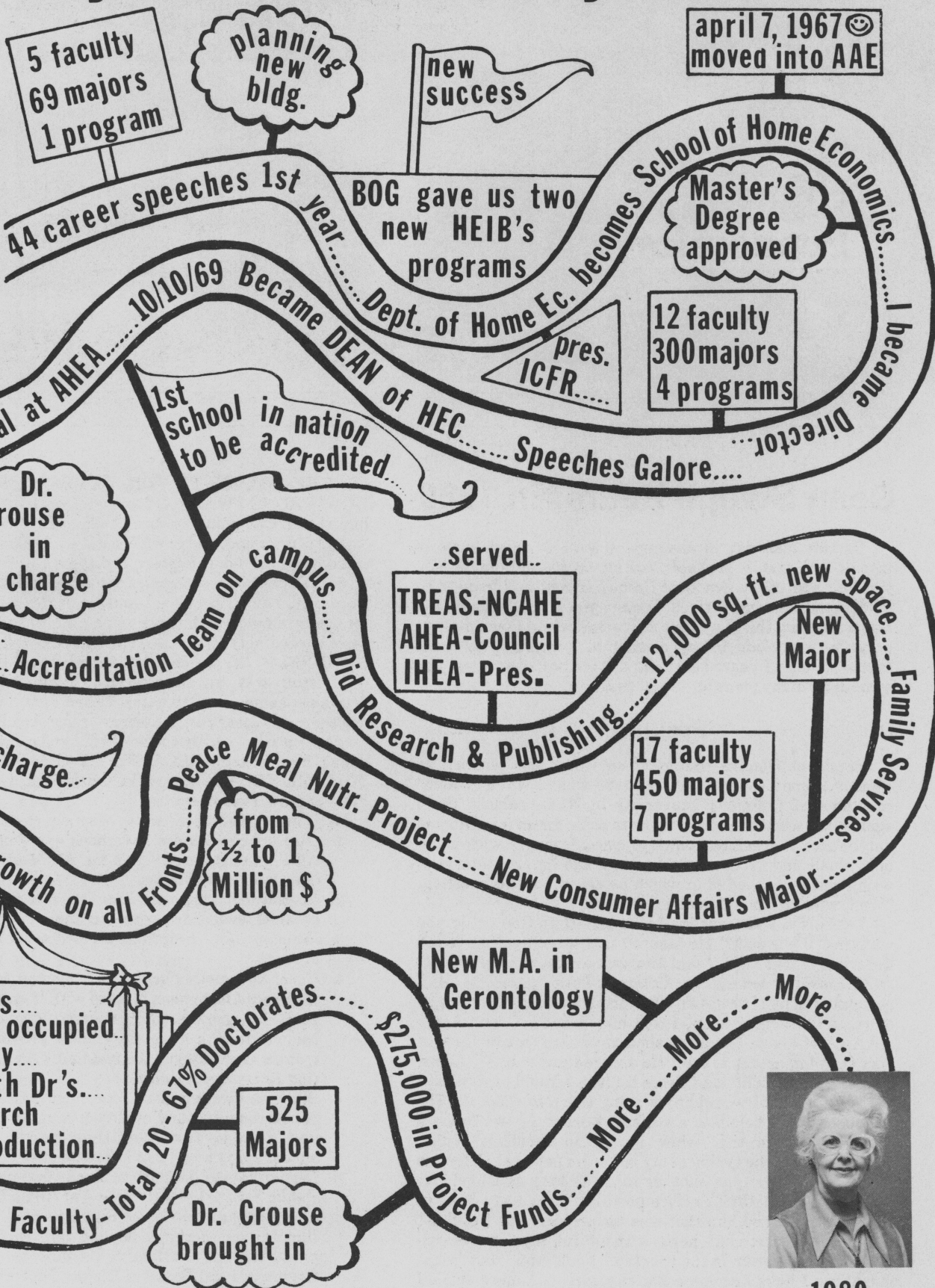
Why am I glad? There are seven main reasons.

- 1 - *Top Administrators* have been excellent supporters. All Presidents and V.P.’s for Academic Affairs have been wonderful bosses.
- 2 - *Professional opportunities* at district, state, and national levels have been exciting.
- 3 - *Freedom for Program Development* was always present.
- 4 - *Home Economics Faculty* have made it work! Through the years I have been blessed with loyal faculty whose goals for growth and program development were congruent with mine. Few home economics administrators have enjoyed the unanimity among co-workers that I have experienced.
- 5 - *Students* electing home economics majors have grown in both quantity and quality through the years; it has been a real joy to see consistent growth in enrollments almost every new term I have been at Eastern.
- 6 - *Cooperation of Supporting Disciplines on Campus*
- 7 - *Public Support* — Our School of Home Economics has developed an enviable reputation in the state of Illinois (and perhaps beyond our borders); we are proud of the evaluative comments of Board of Governor’s and Board of Higher Education personnel, as well as many other VIP’s.

* My 17 Year Journey at E.I.U.



...1963...
Head-Dept.



1980
Dean-School

Postlude

What next? For the first time in my life there will be time to sleep late, to play cards, to get stagnant and to dry up and blow away! But I doubt if I will ever indulge in any of those activities. Our goals are fairly firm and our plans are developing accordingly.

My husband and I will be starting a new career — the conducting of lectures, seminars, and weekend teach-ins on nutrition. The venture will be called "Nutrition with a Mission". The major focus will be trying to motivate people to deny themselves unneeded calories and save the money as a way of increasing their discretionary income and improving their health.

Will this idea work? Last year, 25 persons stayed on my plan for from 4-12 weeks. They sacrificed 425,619 calories, lost a total of 87 pounds and saved \$599.96. From this I am greatly encouraged to present my plan to other groups.

Do we plan to live in Charleston? Probably not. We are looking at some possible places to live in the "sunbelt states"; on the other hand we may very well remain here. Time alone will tell.

How do I feel about leaving Eastern? Sometimes I feel "great" and sometimes I don't know. One thing is for certain. I feel good about my contribution to the building of a fine School of Home Economics in a Central Illinois town and I have absolutely no regrets over all that I can see that needs doing but is yet undone! My time, strength, ideas and personality have all been given to my work — in full measure. And so I leave Eastern Illinois University with a feeling like Robert Frost must have had when he wrote,

"The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep."

Singled Out For Kudos

President Marvin offered us the unique opportunity of making a short presentation on the highlights of our School to the Board of Higher Education at their September meeting held on our campus. We were featured to the Board by Dr. Marvin as being one of the outstanding units on campus — a unit with great vitality and a record of distinguished achievement locally within Illinois and, to a lesser extent, nationally.

Barbara Owens and Dean Swope made the presentation, using a lecture-slide technique.

Second Decade Accreditation

Our School of Home Economics was among the first in the nation to be accredited by AHEA. We were visited by the team in March 1970 and were on the October approved list. Now it is time for us to again go through the process of a self-evaluation study, a site visit, and an evaluation by the Council for Professional Development.

Is accreditation really worthwhile? It takes hours and hours of hard work. It involves all of the Home Economics faculty and staff, along with some students. It also involves staff in many other units on campus. It is expensive.

Is it worth it? Yes, it is very worthwhile! We are forced to evaluate, to reassess, to conceptualize, to discuss, to

review, to revise, to up-date, to "think big" — and all of those activities sharpen our wits and stimulate creative thinking.

Since 1970, we have made many advances. We have grown on many fronts. We have matured and developed into one of the strongest home economics programs in Illinois (according to the opinion of many of our publics). We feel that our second decade of accreditation has been earned and we look forward to the helpful suggestions to be received by our evaluation team after they have been on campus to "check us out".

(Dean Swope asks: "What if we don't make the approved list on the second visit?" She smiles as she answers: "Let the new Dean worry about that!")

New Graduate Nutrition & Dietetics Program Proposed

A new graduate program, Master of Science in Home Economics, Nutrition and Dietetics Option has been developed, approved by the School of Home Economics and by the EIU Council on Graduate Studies. It is now awaiting further action by the University and the governing boards.

This program focuses on the expanding need for nutritionists and dietitians. Several new graduate nutrition courses have already been approved and will be taught in the coming year. Students who wish to become Registered Dietitians will find this program beneficial, as will others interested in nutrition. Everyone with (ADA) academic requirements who completes the proposed program can become eligible to write the dietetic registration exam in one of three ways:

- 1 - Complete 6 months ADA-approved dietetic experience.
- 2 - Complete an ADA-approved graduate assistantship with sufficient clinical experience, or
- 3 - Complete a 900 clock-hour clinical experience coordinated with the M.S. degree program.

If the latter clinical experience is approved by the university, the Board of Governors and the Board of Higher Education, acceptance into this aspect of the program will be on a competitive basis.

In any event, the new nutrition courses already approved greatly strengthen our program. For further information contact Dean Mary Ruth Swope or Ruth M. Dow, R.D. Mrs. Dow will be at Sarah Bush Lincoln Health Center, Mattoon, from January-December, 1980 helping to develop this new program. We think it has exciting possibilities.

M.A. in Gerontology Degree Approved

The Board of Higher Education approved an interdisciplinary program in gerontology at their December meeting. It will be administered by the School of Home Economics with courses also drawn from adult education, physical education, psychology and sociology. Full funding will be received Fall semester, 1980.

Graduates of the program should be eligible for a wide range of jobs including jobs in administration as well as in

direct services to the elderly. This program has special appeal, we believe, to the more mature student.

Five graduate assistantships will be available for Fall. Interested applicants should immediately contact Dean Swope.

Research in Progress



Dr. Joyce Crouse

Funded Projects

Dr. Joyce Crouse, Research Coordinator for the School of Home Economics, reports that the following research projects have either been completed or are currently underway.

The Preretirement Education Leadership Development Project funded by the Illinois Office of Education has been completed. This was an inter-institutional cooperative venture between Eastern Illinois University, Southern Illinois University-Edwardsville, Southern Illinois University-Carbondale, and Illinois State University. Preretirement education workshops were presented in five locations in the southern half of the State. Information obtained and developed in this project involved not only the final report, but also two publications. These publications are entitled *Preretirement Education Resource Materials Bibliography* and *Organization and Implementation of Preretirement Education Programs* and are available through the Illinois Office of Education. Dr. Crouse was the project director for this activity.

Currently Dr. Crouse is involved in the development and implementation of three grant projects. These projects are:

"Employment Training for Older People" funded by the Division of Adult, Vocational and Technical Education. This project includes an assessment of employment opportunities for older workers (people 45 years of age and older) and identification of training needs for older workers.

"Youth Employment Training for Services to Senior Citizens" — This project is designed to provide work experience training for low-income youth in an effort to encourage them to complete high school. The work experience will provide chore services for senior citizens and handicapped persons in an effort to encourage independent living and discourage institutionalization of these persons.

"Stress Relief for Adult Children and Aged Parents" — The letter of intent for this project has been accepted and, based on funding, this project would start in July of 1980. This project is designed to provide an opportunity for adult children with aged parents to learn knowledge and skills aimed at helping them to better manage the role reversals and feelings of stress, guilt, inadequacy, and frustration that result as the adult child has to assume increased concern and responsibility for his parents.

"Implementing the Multipurpose Senior Citizens Concept" — This project is designed to provide training for personnel involved in the development of programs through the multipurpose senior citizens center concept as a vital link in the aging network.

Outside funds supporting these five projects totals more than \$275,000.

Strader Replicating Energy-Use Study



Gayle Strader

In 1977, Gayle Strader conducted a study using electric blankets, combined with an 8-hour nightly thermostat turnback of 10 degrees, to see if this would conserve energy. (The Northern Electric Company donated the blankets.) Results showed an average savings of 28% in the 11 participating households.

A replication of this study is now underway in 48 households in Charleston, representing 140 people ranging from ages 10-60. Strader says she expects similar results to her first study; she anticipates participants will show significant savings in their energy bills.

Regular Faculty Receive New Doctorates

Mrs. Jayne Ozier received her doctorate from Florida State in the area of Child Development last August. Mrs. Virginia Vogel completed a Vocational Education program at the University of Illinois in December. Mrs. Barbara Owens expects to be finished with a doctorate in Vocational Education Studies from Southern Illinois University by the middle of this Spring semester.

Mrs. Ruth Dow, Mrs. Edith Hedges and Mrs. Carolyn Jarmon are making progress on their doctoral programs.

Mrs. Kathy Lister and Mrs. Toni MacDonald have also recently entered graduate programs leading to the terminal degree.

At the present time 27% of our faculty have the earned doctorate; within a few months it should be 67%!

New Faculty

Three new faculty joined us in the Fall. Dr. Martha Brown, a recent graduate from Florida State in Nutrition, is a native North Carolinian; Dr. Mary Lou Hubbard came to us from Southern Illinois University where she just completed her doctorate in Home Economics Education. Her most recent teaching experience took place in Florida. Mrs. Toni MacDonald, clothing and textiles instructor, came to us from Southern Illinois University where she was both a student and member of the faculty.



IYC Committee

Dr. Joyce Crouse, Dr. Virginia Vogel, Mrs. Kathy Lister, and Dr. Jayne Ozier, Chairperson

IYC Celebrated Campus-wide

To recognize the International Year of the Child at the local level, a group of agencies and institutions in Coles County formed a Year of the Child Committee. Special workshops and activities through the year were planned. Programs began in March and continued through November. They were well attended by parents, teachers, students and persons interested in child development and rearing.

The highlight of the IYC celebration on campus in which our faculty took a leadership role was a two-day conference entitled "Children & Families: Rights, Responsibilities and Resources." The keynote speaker was Dr. Norejane Hendrickson from Florida State University. Some important ideas from her speech include the following:

"As a society, our value system has drastically changed in recent years. TV has affected our life-style — many times in adverse ways.

"We have changed from a work ethic philosophy to a "self-first" ethic.

"We're using legislation now to solve problems that used to be prevented by the moral fiber of the majority.

"Society has taken over many responsibilities formerly handled in the family.

"We have legalized so many of our relationships with children and their problems.

"The subject of children's rights is very complex. We can as easily destroy the family as strengthen it, if we aren't very careful.

"Building strong environments for children should be our first goal — not to guarantee legal rights through the courts."

In conclusion, Home Economists would do well to always remember that no culture which has forgotten to respect and nurture strong families is alive today. They are buried and forgotten civilizations. There is not one exception to be used as an example!

Students in the Lead

Students in the School of Home Economics have provided leadership both on campus and off campus in home economics related organizations.

Laura Lankenow, Mokena: Secretary - Student Member Section, IHEA

Renee Parsons, Rantoul: Historian - Student Member Section, IHEA

Sherri Michenhimer, Hillsboro: Consumer Interest Chairperson, Student Member Section, IHEA

Pat Hogan, Dalton City: Social Chairperson for WIM, the regional home economics conference which includes colleges and universities from Wisconsin, Illinois, Iowa, Indiana and Michigan

Katherine Craig, Pat Hogan, Linda Ryan and Christine Smith: Recipients of the second annual Elsie and Erson Giffin Scholarship awards

Christine Smith, Marseilles: Recipient of Lincoln Academy Award presented by the Lincoln Academy of Illinois.

Julie Koger: 1981 Publicity Chairman of WIM

1979-80 KOØ Happenings

Kappa Omicron Phi has been involved in a number of activities this school year.

The KOØ regional meeting was held at Illinois State University in September, 1979. Dr. Ozier and four Alpha Theta members attended.

Major program activities include:

Orientation program for freshmen and transfers.

A program entitled, "Is Homemaking an Endangered Species?"

A panel on "Home Economics Honor Society as It Serves the Professional."

Founder's Day Tea

"Continuing Your Education" is the program title for March.

August 6-9, 1980, are the dates set for Conclave which will be held in Chicago this year. Dr. Jayne Ozier and Dr. Virginia Vogel will be presenting a program at Conclave for KOØ sponsors concerning the advantages and disadvantages of co-advising a KOØ chapter.

KOØ is making valuable contributions to the personal and professional growth of all of us who are involved in Alpha Theta Chapter.

Summer School Offerings

Due to budget restrictions, summer school offerings at Eastern are more limited this year.

While most units on campus will have the same or less faculty for summer school programs, the School of Home Economics is one of two units that received an increase in faculty. We are proud of that record, of course.

Special features of our offerings include:

SHORT COURSES

July 7-18 Home Economics 4997 — Proposal Writing

August 1 and 2 Home Economics 3999 — Update on Day Care

August 1 and 2 Home Economics 4999 — Update on Child Care

In a four-week session from May 19-June 12 we are teaching an upper division level course on Death and Dying.

In a five-week session beginning June 18 and ending July 23 we are teaching two courses in cooperative education. One is HEC 4913 — Organization and Administration of Cooperative Education and the other is HEC 4923 — Coordination Techniques in Cooperative Education. These two courses are required of Coordinators of cooperative education programs.

Graduate Seminars

The graduate seminars this fall focused on professional roles and responsibilities. In the initial meeting in September, Dr. McAlister described the graduate program and explained graduate regulations and responsibilities.

For October's seminar, graduate students discussed independent studies which they had completed. In November Mrs. Toq Lawrence from the Big Brother/Big Sister Program and Mrs. Kim Chestnut from Social Services at Sarah Bush Lincoln Health Center spoke on opportunities and professional responsibilities in child and family service occupations.

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